

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

Terminal Learning Objective

ACTION: Teach, lead and assess soldiers in the performance of Standardized Physical Training (PT).

CONDITION: Given the TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT).

STANDARD: Teach, lead and assess soldiers in the performance of Standardized PT IAW the TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT).

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) A

ACTION: Identify APFT personnel.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT personnel
IAW FM 21-20, Chapter 14.

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

APFT Personnel

- **OIC and/or NCOIC**
- **Event supervisor**
- **Event Scorer**
- **Demonstrator**
- **Support Personnel**

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Enabling Learning Objective (ELO) B

ACTION: APFT	Identify the responsibilities of personnel.
CONDITIONS:	Given FM 21-20, Chapter 14.
STANDARDS: APFT	Identify the responsibilities of personnel IAW FM 21-20, Chapter 14.

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OIC and/or NCOIC

- **Administers APFT**
- **Procures equipment and supplies**
- **Lays out test area**
- **Trains test site personnel**
- **Insures test is properly administered**
- **Reports test results**

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Event

Supervisor

- **Administers one or more test events**
- **Insures necessary equipment is on hand for each event(s)**
- **Reads APFT event instructions**
- **Conducts APFT event demonstration**
- **Supervises event scoring**
- **Answers questions on scoring discrepancies and informs OIC/NCOIC**

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Event Scorer

- **Enforces test standards**
- **Counts the number of correct repetitions aloud**
- **Records the correct number of repetitions in the raw score block on DA 705**
- **Records initials in initials box on DA 705**
- **Performs other duties assigned by OIC or NCOIC**

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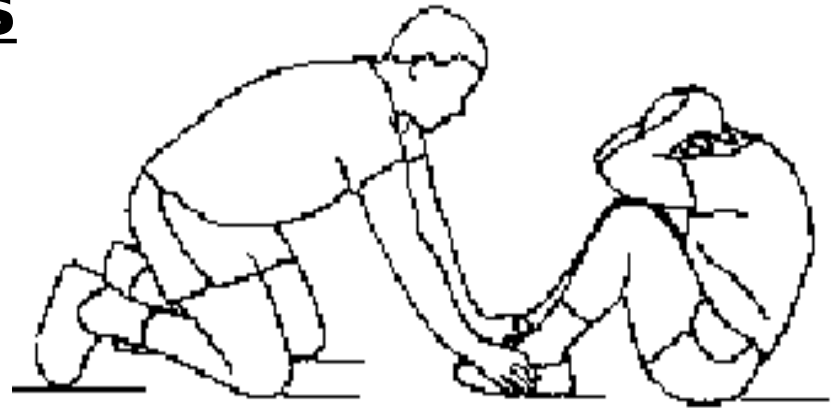
Event Scorer Positions



45°
FT

3

**Event
Scorer**



3FT

**Event
Scorer**

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Event

Demonstrator

- **Assists event supervisor by demonstrating push-ups and sit-ups to standard during the reading of event instructions**
- **Performs other duties assigned by OIC or NCOIC**
- **Receives training conducted by OIC/NCOIC to ensure demonstration of push-ups and sit-ups are to standard**

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Support Personnel

- **Safety/control personnel assist in preventing unsafe acts and ensure smooth operation of the APFT**
- **Medical support personnel on site to provide lifesaving measures**

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Enabling Learning Objective (ELO) C

ACTION: Identify APFT site requirements.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT site requirements
IAW
FM 21-20, Chapter 14.

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Test Site

Requirements

- **Briefing area**
- **Warm-up/Cool-down area**
- **Push-up and Sit-up area**
- **2-mile run course**
- **Site map**

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Enabling Learning Objective (ELO) D

ACTION: Identify APFT procedures.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT procedures IAW FM 21-20, Chapter 14.

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Retaking Events

- **Soldiers that start an event and perform repetitions incorrectly, must be stopped by the scorer prior to completing 10 repetitions.**
- **The scorer will inform the soldier of his errors.**
- **The soldier will be sent to the end of his line and await his turn to retake the event.**
- **The soldier is allowed to retake the event one time**

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Retaking Events

- **A soldier who experiences physical problems such as muscle cramps while performing an event may rest if he does not assume an illegal position.**
- **If the soldier continues, he will receive credit for all correctly performed repetitions within the two-minute period.**
- **If the soldier does not continue, he will receive credit for the number of correct repetitions performed up to that time.**

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Retaking Events

- **If he has not performed 10 correct repetitions, the scorer will stop the soldier.**
- **The soldier will be sent to the end of his line and await his turn to retake the event.**
- **The soldier is allowed to retake the event one time.**
- **If the soldier has completed more than 10 repetitions the soldier may not retake the event.**
- **Soldiers who are unable to perform 10 correct repetitions because of low fitness levels may not retake the event.**

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Test Failures

- **Soldiers that stop and rest in an authorized rest position continue to receive credit for the correct repetitions performed after their rest.**
- **Soldiers that stop and rest in an unauthorized rest position will have their performance in that event immediately terminated.**
- **The records of soldiers who fail a record APFT or fail to take the APFT within the required period will be flagged IAW AR**

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Retesting

- Soldiers that fail any event or events are test failures and must retake the entire APFT.**
- Commanders may allow soldiers to retake the APFT as soon as the soldier and commander feel the soldier is ready.**
- Soldiers without medical profile will be retested not-later-than three months following the initial APFT failure IAW AR 350-1.**

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Test Administration

- **On test day, the OIC or NCOIC brief soldiers on the purpose and organization of the APFT.**
- **The OIC or NCOIC explain test administration; to include, the scorecard, scoring standards and test sequence.**

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Test Administration

- **The following instructions are read aloud to all soldiers taking the APFT:**

“You are about to take the Army Physical Fitness Test, a test that will measure your muscular endurance and cardiorespiratory fitness. The results of this test will give you and your commanders an indication of your state of fitness and will act as a guide in determining your physical training needs. Listen closely to the test instructions, and do the best you can on each of the events.”

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Test Administration

- **If the DA Form 705 (APFT scorecard) has not been issued, the scorecards will be handed out at this time.**
- **The OIC or NCOIC will then instruct the soldiers to fill in the appropriate spaces with the required personal data.**
- **The following instructions are read aloud to all soldiers taking the APFT:**

“In the appropriate spaces, print in ink the personal information required on the

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Test Administration

- **Soldiers are then given time to complete the required information.**
- **The OIC or NCOIC then explains procedures for use of the scorecard during testing.**
- **The following instructions are read aloud to all soldiers taking the APFT:**

“You are to carry this card with you to each event. Before you begin, hand the card to the scorer. After you complete the event, the scorer will record your raw score, initial the card and return it to you.”

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Test Administration

- **The OIC or NCOIC then explains how raw scores are converted to point scores.**
- **At this point in time, soldiers will be assigned to groups.**
- **The following instructions are read aloud to all soldiers taking the APFT:**

“Each of you will be assigned to a group. Stay with your test group for the entire test. What are your questions about the test at this point?”

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Enabling Learning Objective (ELO) E

ACTION: Identify APFT sequence.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT sequence IAW FM 21-20, Chapter 14.

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Test Sequence

- **Push-up**
- **Sit-up**
- **2-mile run or alternate aerobic event**
- **10-20 minutes recovery**
- **Staggered start times**
- **All events completed within 2 hours**

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Push-up

- **Push-ups measure the muscular endurance of the chest, shoulder and triceps muscles.**

- **Administrative and support requirements for this event are listed below:**

- **Equipment**
- **Facilities**
- **Personnel**
- **Instructions**
- **Administration**

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Push-up Additional Points

- **Chest touches ground**
- **Bracing with feet**
- **Hand reposition**
- **Push-ups on fists**
- **Mat use**
- **Crossed feet/bare feet**
- **Rest positions**
- **Glasses**

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Sit-up

- **Sit-ups measure the muscular endurance of the abdominal and hip-flexor muscles.**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**

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Sit-up Additional Points

- **Chin on chest**
- **Use of arms/hands**
- **Mat use**
- **Wiggle**
- **Elbow/arm bracing**
- **Fingers interlocked**
- **Foot/heel contact**

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Two-Mile Run

- **The Two-Mile Run tests cardiorespiratory (aerobic) endurance and endurance of the leg muscles.**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**
 - **Timing techniques**

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Enabling Learning Objective (ELO) F

ACTION: Identify alternate physical fitness testing procedures.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify alternate physical fitness testing procedures IAW FM 21-20, Chapter 14.

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Alternate Physical Fitness Testing

- **Alternate APFT events assess the cardiorespiratory endurance and muscular endurance of soldiers with permanent medical profiles or long-term temporary profiles who cannot take the regular, three-event APFT.**

- **The alternate aerobic APFT events are the following:**

- **800-Yard-Swim Test**
- **6.2-Mile-Stationary-Bicycle Ergometer Test**
- **6.2-Mile-Bicycle Test on a Conventional**

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800-Yard-Swim Test

- **The 800-Yard-Swim Test is used to assess cardiorespiratory (aerobic) fitness.**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**
 - **Timing techniques**
 - **Scorer duties**

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6.2-Mile-Stationary-Bicycle Ergometer Test

- **The 6.2-Mile-Stationary-Bicycle Ergometer Test is used to assess cardiorespiratory (aerobic) and leg muscle endurance.**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**
 - **Timing techniques**
 - **Scorer duties**

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6.2-Mile-Bicycle Test

- **The 6.2-Mile-Bicycle Test is used to assess cardiorespiratory (aerobic) and leg muscle endurance.**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**
 - **Timing techniques**
 - **Scorer duties**

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2.5-Mile Walk Test

- **The 2.5-Mile Walk Test is used to assess cardiorespiratory (aerobic) and leg muscle endurance.**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**
 - **Timing techniques**
 - **Scorer duties**

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) G

ACTION: Identify the similarities and differences between the administration of the APFT and the 1-1-1 PFA.

CONDITIONS: Given FM 21-20, Chapter 14 and the TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-OSUT).

STANDARDS: Identify the similarities and differences between the administration of the APFT and the 1-1-1 PFA IAW FM 21-20, Chapter 14 and the TRADOC Standardized PT

Administration of the APFT and the 1-1 Physical Fitness Assessment

Similarities and Differences

- **1 minute of push-ups, not 2 minutes**
- **1 minute of sit-ups, not 2 minutes**
- **1-mile run, not 2-mile run**
- **5-10 minutes recovery, not 10-20 minutes**
- **Staggered start times are allowed to prevent more than 10 minutes of rest**
- **All events completed within 2 hours**

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

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Administration of the APFT and the 1-1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) A

ACTION: Identify APFT personnel.

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STANDARDS: Identify APFT personnel
IAW FM 21-20, Chapter 14.

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) B

- ACTION:** Identify the responsibilities of APFT personnel.
- CONDITIONS:** Given FM 21-20, Chapter 14.
- STANDARDS:** Identify the responsibilities of APFT personnel IAW FM 21-20, Chapter 14.

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Enabling Learning Objective (ELO) C

ACTION: Identify APFT site requirements.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT site requirements IAW FM 21-20, Chapter 14.

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Enabling Learning Objective (ELO) D

ACTION: Identify APFT procedures.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT procedures IAW FM 21-20, Chapter 14.

Administration of the APFT and the 1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) E

ACTION: Identify APFT sequence.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT sequence IAW FM 21-20, Chapter 14.

Administration of the APFT and the 1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) F

- ACTION:** Identify alternate physical fitness testing procedures.
- CONDITIONS:** Given FM 21-20, Chapter 14.
- STANDARDS:** Identify alternate physical fitness testing procedures IAW FM 21-20, Chapter 14.

Administration of the APFT and the 1-1-1 Physical Fitness Assessment

Enabling Learning Objective (ELO) G

ACTION: Identify the similarities and differences between the administration of the APFT and the 1-1-1 PFA.

CONDITIONS: Given FM 21-20, Chapter 14 and the TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-OSUT).

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Check on Learning

1. Identify the test personnel required to administer an APFT.

A: Personnel required to administer an APFT are: OIC or NCOIC, event supervisors, event scorers, demonstrators and support personnel.

2. Can an event supervisor function as an event scorer?

A: FM 21-20 specifies that an event supervisor can not be an event scorer.

3. Soldiers that start an event incorrectly must be stopped by the scorer prior to completing ten repetitions. True or False.

A: True.

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Check on Learning

4. Identify the events that constitute the three-event APFT.

A: Push-Ups, Sit-Ups, 2-Mile Run or alternate aerobic event.

5. Identify the order events must be administered on the APFT.

A: Push-Ups, Sit-Ups, 2-Mile Run or alternate aerobic event.

6. Identify the number of hours an APFT must be conducted in to be considered a valid test.

A: The APFT must be accomplished within two hours.

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Check on Learning

7. A soldier with a temporary profile (two weeks) is authorized to take an alternate event test. True or False.

A: False.

8. Identify the alternate APFT events.

A: The alternate aerobic APFT events are the following:

- 1) 800-Yard-Swim Test
- 2) 6.2-Mile-Stationary-Bicycle Ergometer Test
- 3) 6.2-Mile-Bicycle Test on a Conventional Bicycle
- 4) 2.5-Mile-Walk Test

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Check on Learning

9. The 6.2-mile-bicycle test can be administered on a quarter-mile track if authorized by the commander. True or False.

A: False.

10. Electronically braked ergometers are authorized for use in the 6.2-mile-stationary-bicycle ergometer test. True or False.

A: False.